

# ELEMENT 2: METHODOLOGY

## Investigating Heart Disease in Older People in the UK

### Introduction

The current study examines heart disease among elderly people in the United Kingdom and its occurrence, risk factors involved and interventions that are employed to promote the health and well-being of such individuals (Conrad et al. 2024). Development of a strong research methodology is necessary so that the research can be systematic, reliable and be able to answer the research aim and objectives. The given study implies a qualitative type of secondary research design, which allows collecting and analysing the available evidence from both academic and healthcare literature.

### Research Design

The study uses the secondary research approach that is qualitative in nature. Secondary research makes use of available data and published evidence as opposed to primary data on participants. The choice of this design was due to the existence of vast information about older adults with regard to cardiovascular disease on the basis of the academic journals, health organisations and government publications. The qualitative approach will allow a more profound insight into trends, experiences, risk factors, and intervention strategies presented in the literature (Hamzani et al. 2023).

### Data Analysis

Thematic analysis, as one of the well-known qualitative research methods to identify and define the patterns in textual data, will be used to analyse the collected data. At the beginning, the selected literature will be reviewed to become acquainted with the material and to find meaningful findings concerning heart disease among older adults. Subsequently, important information will be coded and classified according to the objectives of the research: commonality of heart disease, risk factors and interventions. The codes identified as similar will be grouped to form higher themes that reflect common themes in the literature. Under this, research work, a thematic analysis would be taken into account that would enable a sourcing of different resources and accordingly meet the demand of research (Bhangu, Provost, and Caduff, 2023).

### Reliability and Validity

In order to enhance validity as well as reliability, the review would consist of peer-reviewed and credible sources. These databases will be searched to minimise the publication bias, as well as to expand the evidence base. It will enhance the consistency of the literature selection process by the use of clear inclusion and exclusion criteria (William, 2024).

### Ethical Considerations

No human participants will be needed as the study will solely use secondary data, which is the only necessary form. Therefore, concerns regarding informed consent, confidentiality and participant welfare are reduced. Ethical conduct will be adhered to by using proper citation, proper referencing, and academic integrity standards.

### Conclusion

The study design that has been chosen offers a scientific and evidence-based framework for exploring the issue of heart disease in older adults in the UK. The qualitative secondary research approach, with the aid of thematic analysis, will allow exploring the existing knowledge base on prevalence and risk factors of diseases together with intervention strategies.



### Data Collection Methods

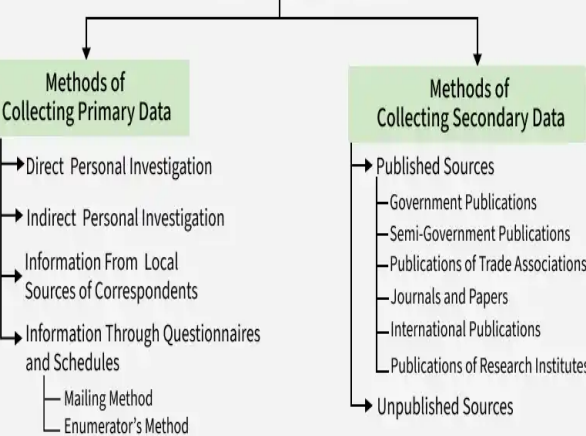
This study will use a structured review of the literature available pertaining to heart disease in older adults in the United Kingdom to gather the required data. The sources of information that will be used should supply information that is relevant and obtained through reputable electronic databases, such as Google Scholar, PubMed, CINAHL, and publications of the NHS and government public health agencies (Jordan, et al. 2024). Thus, overall aspect is mainly allied with different kind of article, as well secondary reports that are based on healthcare aspect and accordingly data is taken into account.



### Secondary Research Methods



### Methods of Collecting Data



### References

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